ENRIQUECOS

DIARIES

EXTRACT 1

Introduction

REFLECT ◆ LEARN ◆ GROW ◆ LEAD

AUTHOR’S NOTE

This book cover was created with the assistance of ChatGPT as a word processor and grammar correct where necessary.

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INTRODUCTION

Hi, my name is Enriquec'o. I am diagnosed with schizoaffective disorder. There are many peculiar things that happen in my life, and I am here to tell you all about them instead of my neighbours and my mum, who are "just" so tired of all of it. I hope that you stick around to the end of this book and listen to all that I have to say...

I was actually told by my high school sweetheart, Kimisha, to write a book. This was the last thing that she told me after finding out about my illness, which is both schizophrenia and bipolar disorder. My illness causes me to have mood swings and become judgmental, which severs relationships with friends and family. I will explain more of this further in this book.

Faith, Family, and Gratitude

I was born in a Roman Catholic family, the type that prays before meals, carries rosaries, takes communion, and has beautiful churches. My entire family at some point became Full Gospel instead, even though Christ indicated that there should be no divisions amongst the Church and we should be One body under Christ. We found more joy and peace attending the Sunday services of a full gospel division.

Both my mum and dad were very strict growing up, but also very loving; at some point my dad followed his own path due to altercations with my mum, however, I still love them both. The love of my mum and instructions of my dad formed me into the being that God molded me into becoming and for that I am truly grateful.

My sister is my angel, she has always received the brunt of my bipolar disorder, and understood it before most. I have so many good memories of my sister being there for me—lending a helping hand. She is truly kind of heart from my perspective and apart from God and Jesus, I love her very much.